

The light
you **need**...
every day®



LITEBOOK *Elite*™



Owner's Guide

L I T E B O O K ®

A new generation of **light therapy**™

L I T E B O O K ®

Thank you for purchasing The Litebook® Elite™. Proper use and care of this product will provide you with many years of safe, effective, and trouble-free light therapy.

Please read this Owner's Guide completely and follow all usage and care instructions to ensure you receive optimum benefits from this product. Retain this guide for future reference.

GENERAL INFORMATION

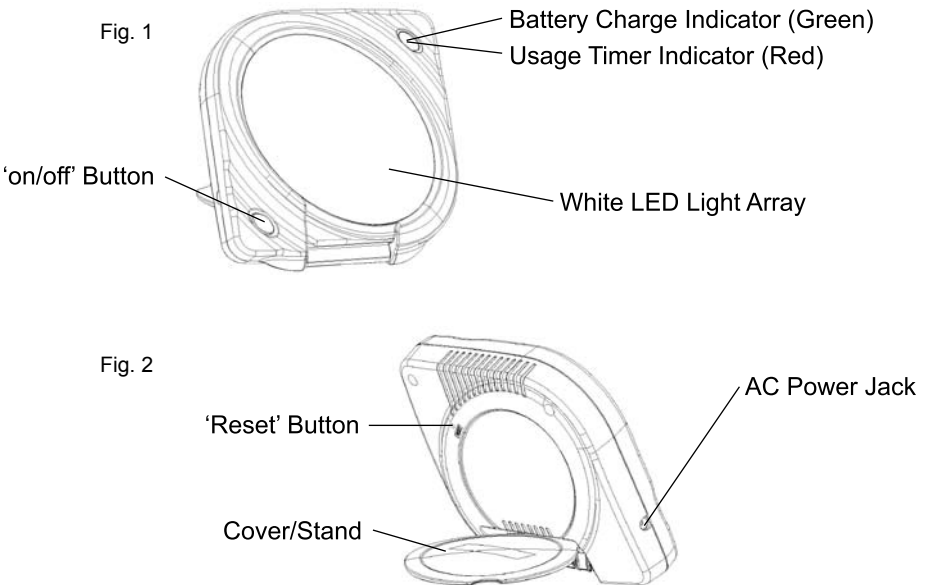
The Litebook Elite is an effective tool for providing natural light. Its unique portability allows the user the freedom to continue with daily activities while enjoying additional light -- as well as the convenience and economy of a compact, efficient light.

HOW THE LITEBOOK ELITE WORKS

When the Litebook Elite is directed toward the eyes, light receptors in the retina trigger a cascade of messages throughout the body. Ultimately, the brain reacts as if it's a bright sunny day in July, even if it's the middle of winter. When used every day, the Litebook Elite will improve your mood, increase your energy level and restore your sleep patterns. Most people notice results within 30 days – and often sooner.

For usage recommendations specific to your needs, see detailed instructions below.

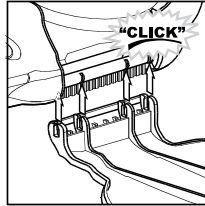
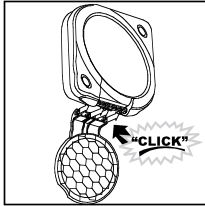
LITEBOOK ELITE - FEATURES



EASY SET-UP GUIDE:

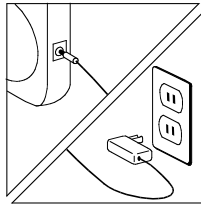
1) **ATTACH COVER/STAND:** (If not attached upon receipt)

- Remove cover/stand from nylon carrying case
- Attach base of cover/stand to shaft at base of your Elite. Push 'gently' until you hear a 'CLICK'. The stand is now attached.



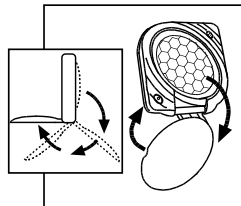
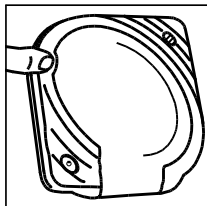
2) **BEFORE FIRST USE: CHARGE BUILT-IN BATTERY:**

Plug the AC adapter into the Litebook and into an electrical outlet. Allow 4+ hours to fully charge built-in battery the first time. Unit is fully charged when all 4 Green battery charge indicator LED's are lit.



NOTE: Plugging the unit in for the first time will automatically program the unit for a 30 minute session, which is suitable for most users and most applications. Should you wish to change the timer setting, follow the easy steps in #7 below. The timer does NOT need to be programmed before each use.

3) Pull out the cover/stand from the front of the Litebook Elite as shown.



4) Turn on the Litebook Elite by pressing the on/off button. (See Fig. 1 on Pg. 2)

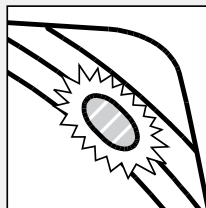
5) Begin Usage. (See Fig. 3 on Pg. 5)

6) CHANGING THE TIMER SETTING:

- a) Depress 'on/off' button for 5 seconds and release. GREEN indicator LEDs will turn RED and FLASH. (See Fig. 1 on Pg. 2)
- b) Depress 'on/off' button and release to adjust timer settings.
 - i) 1 Red bar = 15 minutes
 - ii) 2 Red bars = 30 minutes
 - iii) 3 Red bars = 45 minutes
 - iv) 4 Red bars = 60 minutes
- c) Continue depressing and releasing 'on/off' button until desired setting is reached. Then depress 'on/off' button, HOLD FOR 5 SECONDS and release. Red indicator LED's turn to green. Timer is now set at your desired setting. To change your timer setting, repeat above sequence.
- d) The timer does NOT need to be programmed before each use.

ABOUT THE BATTERY:

- The Elite may be used while the unit is plugged in and while the battery is charging.
- A single flashing green LED indicates battery requires recharging.
- Do NOT completely run down the battery's charge.
- You cannot overcharge the battery.
- The GREEN LEDs do not correspond to the timer settings – only the battery charge.
- Before storing the Elite for an extended period of time, fully charge the battery to maximize its life.



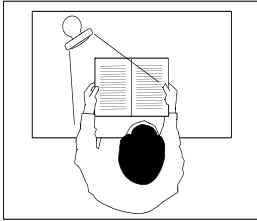
RECOMMENDED USAGE – GENERAL

- Your body clock needs to be synchronized every day, so we recommend using your Litebook Elite on a daily basis. Because the Litebook Elite's advanced white light emitting diode (LED) technology emits light that is identical to the two peak wavelengths of sunlight, 15-30 minutes a day is enough for most people.
- The Litebook Elite should be positioned approximately 12 to 24 inches (30 to 60 cm.) from your face and should be offset slightly from center to reduce glare. (See Fig. 3 on Pg. 5).
- The Litebook's light beam must be directed at your eyes and your eyes must be open to achieve benefit. It is NOT necessary to stare at the light, however, you may glance at it occasionally.
- Glasses or contact lenses do not interfere with the light beam and may be worn during treatment.

L I T E B O O K ®

- Typically, you will recognize when you've received sufficient light therapy – most often by feelings of heightened alertness, energy and/or mood.
- Refer to the diagram below for proper positioning of the Litebook Elite.

Fig. 3



RECOMMENDED USAGE – SPECIFIC APPLICATIONS

'WINTER BLUES'

- When we are exposed to bright light first thing in the morning, we feel more alert and optimistic all day long. That's why for most people, we recommend using your Litebook Elite as early as possible upon awakening – within the first hour if possible – especially during the shorter, darker days of winter when your body needs it most.
- Daily use of the Litebook Elite is strongly recommended during the fall and winter months (September – March).
- Many users report continued benefits when used on a daily basis year round.

SENIORS (50+ YEARS)

- As the body ages, the circadian clock begins to shift back to an earlier schedule, which is why many individuals in this age group report changes in their sleeping patterns that can affect their quality of life.
- One major factor responsible for this is the fact that most older adults do not receive adequate exposure to sunlight.
- Common complaints among this age group are daytime fatigue, sleep fragmentation, sleepiness in early evening and wakefulness in the middle of the night, interrupted sleep, and night wandering.
- Older adults typically respond to 15-30 minutes of bright light exposure in the early evening. The Litebook Elite should be used as part of the normal evening routine: while eating dinner, reading the newspaper, watching TV, etc. This will tell your body that it is still light – and that you still want to be awake and alert – and delay your bedtime until later in the evening.
- For some individuals, a second dose of bright light at midday gives them an extra boost of energy to make it through the day.
- Daily use will help you sleep through the night and awaken at your preferred time.

SLEEPY TEENS

- Teens' circadian rhythms shift from a morning preference to an evening preference around the time of puberty. Their internal clocks are 'out of sync' with their early morning school schedules. Research indicates that students become alert and eager to focus around noon.
- Typical usage for bright light exposure is 15-30 minutes each morning, as early as possible upon awakening.
- The Litebook should be used on a daily basis during weekdays for optimum benefit – weekend days may be excluded without significant negative effect.
- Usage should be part of the teen's normal morning routine e.g. while eating breakfast, checking email, completing homework, applying makeup, etc.
- The rechargeable battery-powered Elite may even be used while commuting to school (as passenger; never while driving).
- Daily exposure to bright light in the morning will improve alertness and mood during the day.
- An added benefit is the teen's sleep pattern will adjust earlier in the evening, enabling the teen to get to sleep at an appropriate hour on school nights.

JET LAG

- Clinical research conducted at NASA and elsewhere demonstrates that in only 2 days your body clock can be reset to your new time zone with properly timed exposure to sufficiently bright light in specific wavelengths.
- With proper use of The Litebook, your energy, mood, concentration, and sleep patterns can all be reset to your new time zone in as little as 60 minutes on the day of travel.
- Our online Jet Lag Calculator (www.litebook.com - follow link to 'Jet Lag') features 171 cities around the world and enables you to determine your specific usage times to alleviate jet lag.
- Simply enter your normal waking time (e.g. 7 a.m.), Departure City and Arrival City, and the Calculator determines a personalized schedule for your trip, providing you with a window of time to Seek Light and another window of time to Avoid Light.
- Your Litebook Elite's set of four international adapter plugs enables use of the product world-wide.
- Additional information on how to enhance the benefits of the Elite for jet lag - including the importance of avoiding light at specific times - can be found on our website.

SHIFT-WORK

- With proper use of The Litebook, shift workers and people who work irregular hours can feel more alert, energetic, and, in turn, notice an improvement in on-the-job performance.
- Use The Litebook at the “start” of your day, whatever hour that may be, and again part way into your shift if you feel the need for an energy boost.
- Do not use The Litebook, or get exposure to bright sunlight, at the end of your shift if that is your normal sleep time for that work cycle. The bright light will confuse your body into thinking it should be alert, when in fact you want to be gearing down for sleep.
- On your way home from your shift, wear The Litebook® light-blocking glasses, or other dark, wrap-around style sunglasses, to shield your eyes from sunlight, and avoid light once inside your home. This will signal your body that it is the end of your day and time to sleep.

FATIGUE MANAGEMENT

- If you are feeling fatigued, you may experience:
 - Eyes go out of focus or close for a moment
 - Slowed, slurred speech
 - Blurred vision or seeing mirages ahead
 - Wandering and disconnected thoughts
 - Headaches or stomach aches
 - Drowsiness
 - Inattention to minor but potentially important details
 - Degraded mental abilities (including memory, decision-making, and perception)
 - Increased distractibility and irritability
 - Reluctance to initiate tasks and take command
 - Reduced sense of humor
- Bright light exposure helps regulate sleep patterns by helping the body clock send signals to the rest of the body that morning has arrived. While light exposure can never replace sleep, it may produce a similar energy-boosting effect as drinking a cup of coffee, without the side effects of dehydration and possibly caffeine addiction. Bright light exposure shouldn't be used to replace sleep or to promote sleep deprivation, as nothing can replace a deep, sufficient sleep.



IMPORTANT

- USE ONLY AS DIRECTED.
- The Litebook Elite emits an intense beam of white light. DO NOT STARE DIRECTLY AT THE LIGHT SOURCE. It is NOT harmful to glance at the light occasionally for a few seconds at a time.
- We encourage use of the Litebook Elite while engaged in other activities, such as reading, eating, applying makeup or working at a computer or desk. However, take care that the Litebook Elite is NOT brought in contact with water or heat-producing appliances, as they may damage the Litebook Elite and may pose possible fire hazards.
- If you have a history of eye disease including, but not limited to, macular degeneration, have undergone laser corrective eye surgery in the past 30 days, or if you are currently taking any medications including certain antibiotics which render you photo-sensitive (extremely sensitive to light), consult with your ophthalmologist or health care provider before using this product.
- Consult a medical professional before using The Litebook if you have been diagnosed with Seasonal Affective Disorder, depression, mood or sleep disorders or if you are taking medication for the treatment of depression and/or mood disorders (including but not limited to: fluoxetine (Prozac®), fluvoxamine (Luvox®), paroxetine (Paxil®), sertraline (Zoloft®), venlafaxine (Effexor®), nefazodone (Serzone®), Wellbutrin® and Zyban®. Light therapy may change the effect of these kinds of medications.
- Occasionally mild side effects may occur which usually resolve after a few days of use, including headaches or a 'stinging' sensation in the eyes. If these, or any other adverse effects not listed, do not resolve after three days, discontinue use of the Litebook Elite and consult your health care provider. On very rare occasions and usually only with over-use, less than 1% of users may experience mania (periods of abnormally and persistently elevated, expansive or irritated mood). If this occurs, discontinue using the Litebook Elite immediately.
- Use this product only with the power supply provided.
- This product has NO user-serviceable parts. Do not attempt to replace the internal battery. If battery fails, contact The Litebook Company – contact details below.

If you experience any trouble using your Elite, follow the instructions in the Troubleshooting Guide on the next page. If you still need help, call for technical assistance.

TROUBLESHOOTING GUIDE

IF...	THEN...
<p>The indicator lights are flashing RED...</p> <p>If the indicator LEDs remain RED...</p>	<p>Hold the on/off button down for 5 seconds and release. If the indicator lights turn GREEN the unit was in the "timer setting" mode. (The unit will NOT turn on if it is in the "timer setting" mode.)</p> <p>Press the RESET button on the back of the unit. (See Fig. 2 on Pg. 2)</p>
<p>One GREEN indicator light is flashing...</p>	<p>The unit needs to be recharged. Plug in the unit for a minimum of 4 hours. (The unit may be used while recharging the battery.)</p>
<p>The white LED lights stay on for only a few seconds...</p>	<p>Plug the unit into the wall with the provided adapter. This will automatically take the unit out of "demo mode" and program it for a 30 minute session.</p>
<p>Indicator LEDs alternate flashing RED and flashing GREEN...</p>	<p>Unit needs to be RESET. Press & release the RESET button on the back of the unit. (See Fig. 2 on Pg. 2)</p>
<p>The unit will not operate...</p> <p>The unit still does not operate...</p> <p>This does not correct the problem...</p>	<p>Try a different electrical outlet.</p> <p>Ensure the adapter pins are securely attached to the adapter and the connector is firmly inserted into the power jack.</p> <p>Contact The Litebook Company for technical support.</p>
<p>The unit only operates while plugged into A/C power...</p> <p>The indicator lights continue to flash GREEN but DO NOT turn solid...</p>	<p>Leave the unit plugged in overnight to charge the battery.</p> <p>Contact The Litebook Company for technical support. You can still use the unit while the unit is plugged in.</p>



BATTERY PRECAUTIONS:

To ensure proper performance of the Elite's lithium-ION battery please read carefully before using:

Charging and Discharging

- Battery must be charged using supplied AC power adapter ONLY.
- Never use a modified or damaged charger.

THIS PRODUCT CONTAINS NO USER-SERVICEABLE PARTS. REMOVING THE BATTERY FROM THE PRODUCT WILL VOID YOUR PRODUCT WARRANTY. SEE CONDITION 1 UNDER THE WARRANTY POLICY.

CARE OF YOUR ELITE:

- Do not remove battery from product.
- Do not expose Elite to fire or dispose of Elite in fire.
- Avoid excessive physical shock or vibration.
- Do not disassemble or deform the Elite.
- Do not immerse in water.
- Clean lens and product with a soft damp cloth.

EXPLANATION OF SYMBOLS ON LABEL:

- | | | | |
|---|--|---|------------------------------|
| M | Manufacturer The Litebook Company Ltd.
#6,941 South Railway St SE,
Medicine Hat, AB CANADA T1A 2W3 | i | Consult Instructions for Use |
| N | Year of manufacture | | |
| f | Serial Number | | |

This guide provides general product information and is not intended as a substitute for medical advice. The information provided in this guide has not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent disease.



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